The water cycle is a continuous process that describes the movement of water on, above, and below the Earth's surface. This cycle involves various stages, including evaporation, condensation, precipitation, and collection. The Sun plays a crucial role in driving the water cycle by providing the energy needed for evaporation. Water evaporates from oceans, rivers, and lakes, forms clouds, and eventually falls back to the Earth as rain or snow. This natural process helps regulate the Earth's climate and supports life by distributing fresh water across the planet.